‘Rich, ooey gooeyness’

Dave Venable’s cookbook, In the Kitchen with David, recreates the taste of cheeseburger in a casserole dish PAGE 14

CANADIAN WINE LOVERS REJOICE

CANADA’S WINE INDUSTRY POISED FOR GROWTH AS MORE CANUCKS REACH FOR A GLASS OF VINO PAGE 7

SASKATOON metro®

Monday, November 26, 2012

News worth sharing.

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STAMPED OUT

Toronto Argonaut Jeff Johnson, 33, hoists the Grey Cup after the Argos beat the Calgary Stampeders in the 100th Grey Cup in Toronto Sunday. For more on the game, see pages 20 and 21. To read about the halftime show, see page 9.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Saskatchewan readies for next Grey Cup

CFL. Regina hotels are already sold out of rooms and Mosaic Stadium has expanded for the influx

JEFF MACKEY
Metro in Regina

Saskatchewanians across the province were busy Sunday hosting Grey Cup parties, but next year they will need to prepare for hosting on a much larger scale.

The Queen City will be host to the 2013 Grey Cup, a fact that is bound to put some logistical stress on the CFL’s smallest city.

“It will be especially busy for everyone in Regina,” said Sean Haynes, Manager at the Hub Sports Bar and Grill. “Whether it is restaurants, bars or whatever — whoever has got a TV will definitely be busy.”

Regardless, given that so many Saskatchewanians live and breathe football, Regina should make for a vibrant host city for the event.

“I think, as it is with just about every game, it’s going to be a Rider sellout,” said Rider fan Tom Maurer in Saskatoon. “The stands are just going to be green and everybody’s going to be wanting to go there.”

Even a year in advance, Regina hotels are sold out of rooms for the big weekend. Mosaic Stadium itself has expanded, adding north and south side seats to make room for the influx of football fans.

But what is the key to being a good host for a Grey Cup? According to Haynes it’s simple.

“As long as there is alcohol, good food and a good atmosphere,” said Haynes. “That’s the key, just to make sure you have a good time and do what you love.”

WITH FILES FROM MORGAN MODJESKI

Festival of Trees a big feat

On display at the Western Development Museum until Dec. 1, the event hopes to raise $200K towards the Saskatoon City Hospital Foundation PAGE 3

No bra? No freedom, inmate alleges

Women’s centre inmate files a complaint that she was punished for not wearing bra PAGE 4

U.S. discount weekend takes root in Canada

Black Friday, Cyber Monday may soon surpass Boxing Day as busiest shopping period PAGE 7

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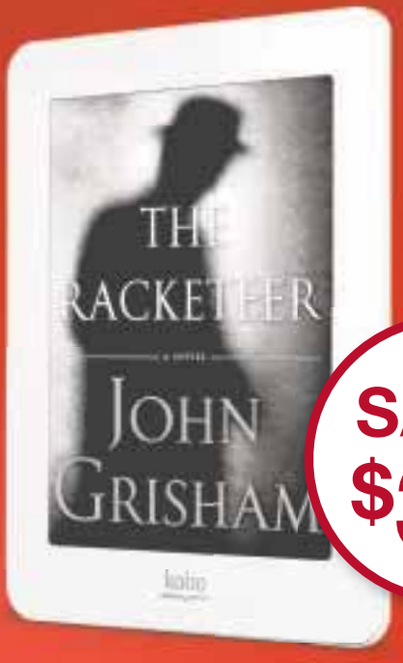

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Festival of Trees ushers in the holiday season

27th year. Organizers hope the display will raise $200,000 for hospital foundation

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Saskatoon's Festival of Trees has become a sure sign of the season here in the city and organizers say entering into its 27th year, it's become a holiday tradition for residents.

On display at the Western Development Museum from Nov. 25 until Dec. 1, the event — which sees the WDM's 1910 era boomtown display decorated with dozens of Christmas trees — hopes to raise $200,000 with all net proceeds going towards the Saskatoon City Hospital Foundation.

For many this event marks the beginning of the holiday season.

"We have people who have made this part of their family tradition for kicking off the Christmas season," said Cheyenne Steffen, marketing and communications chair. "So there are folks who come here year after year, bringing the new generations as they grow."

Co-ordinated effort

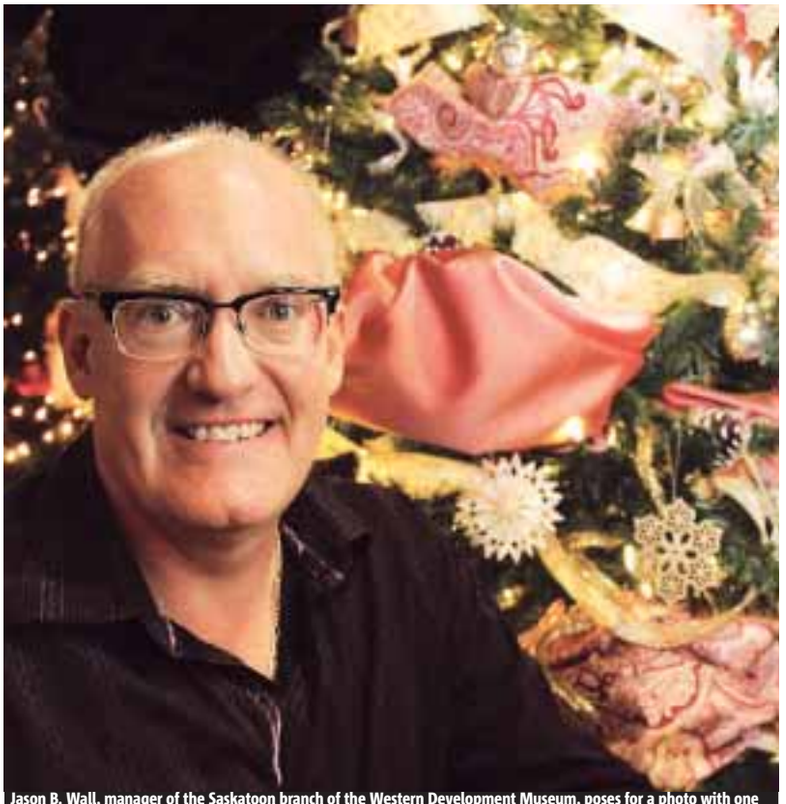
Roughly 300 volunteers make event possible

With a total of 75 displays at this year's event, organizing the Festival of Trees is no small feat and involves approximately 300 community volunteers.

"Saskatoonians are incredible when it comes to volunteering," said Jason B. Wall, manager of the Saskatoon branch of the Western Development Museum.

"What a lot of people don't realize, particularly with the museum, is there's really just a handful of full-time people who are working together with volunteers to pull off the museum, and then when we get wonderful events like the Festival of Trees, our volunteers really step up," said Wall.

Admission for the event is $9 for adults, $8 for seniors, $6.25 for students, $2.50 for children six to 12, and free for preschool children.



Jason B. Wall, manager of the Saskatoon branch of the Western Development Museum, poses for a photo with one of 75 displays at this year's Festival of Trees. He says he's blown away every year with the amount of support from the community in Saskatoon. MORGAN MODJESKI/METRO

Rosthern

Youth charged after air pistol waved at school

It may have been an air pistol that a student in Rosthern, Sask. took to school, but it looked real and scared a lot of people.

Now a 16-year-old faces charges of pointing a firearm, assault with a weapon and uttering threats.

Sgt. Lindsay Darling says if the weapon is perceived to be real, charges can be laid under the Criminal Code.

Officers were called to the school Nov. 21 because a youth was waving a gun around. He was arrested and witnesses said he was pointing it at people. THE CANADIAN PRESS/CJME

Tuffnell area

Air team finds missing man deceased

At approximately 10:30 a.m. on Sunday the body of missing 75-year-old Walter Haluk was found in a field approximately 13 kilometres south of Tuffnell, Sask.

Haluk's vehicle was located by the Civil Air Search and Rescue Association from the air. The team found Haluk deceased near his truck which was stuck in the mud and snow.

Haluk, who suffered from dementia, was reported missing on Saturday from the community of Sheho.

The investigation is ongoing. Foul play is not suspected. METRO/WITH FILES FROM THE CANADIAN PRESS

Agribition

Purebred sales up 10 per cent

Cattle sales at one of the country's largest agricultural shows have been among the best ever. Agribition president Brian Hadland says purebred beef sales reached $1.4 million, up more than 10 per cent from last year. THE CANADIAN PRESS

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Female inmate alleges she was ‘thrown in the hole’ for no bra

Dress code. Niagara artist says she received two weeks in segregation cell, five days pulled from early release date

JESSICA SMITH
Metro in Toronto

An inmate at the Vanier Centre for Women in Milton, Ont., has filed a complaint alleging correctional officers put her in a segregation cell and tacked on five extra days to her sentence because she refuses to wear a bra.

“I was locked down in a segregation cell from the morning of Nov. 1 to the afternoon of Nov. 15. I was first charged with misconduct for not wearing a bra,” Jeannette Tossounian wrote in a letter to Metro. Tossounian is currently serving a sentence for arson.

“A few days later, I was charged with another misconduct for saying I don’t want to wear a bra and was given five extra days to spend in jail from my early release date, December 2013.”

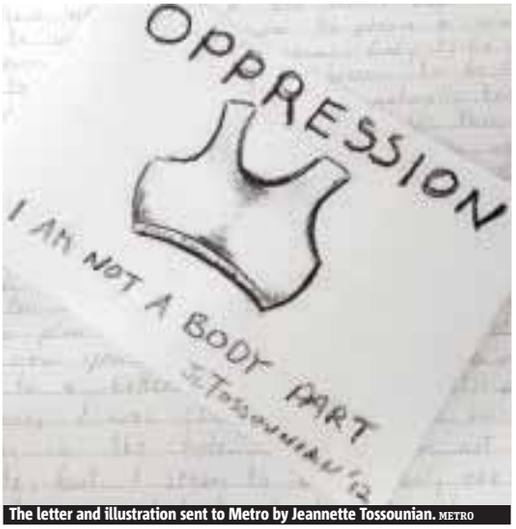
The Elizabeth Fry Society confirmed that Tossounian has filed an official complaint about the incident.

Ministry of Community Safety and Correctional Services spokesman Brent Ross would not comment on the allegations, but confirmed that female inmates are required to wear bras.

“We have policies in place to ensure inmates are treated justly and humanely in all sections of our facilities, including segregation,” he said in an email response. “While incarcerated, inmates can be awarded remitted time, which is a reduction of a sentence for good conduct, and they can also lose their remitted time or have their privileges suspended if they commit a serious misconduct.”

Tossounian said her aversion to bras wasn’t always a problem for her in jail.

“I was incarcerated at Vanier for eight and a half months and was braless the whole time before I was locked down. I guess the guards had better things to do than stare at my chest, examining for looseness,” she wrote. “As soon as I put in a request to change to a better unit so I could participate in more programs, I was charged with these misconducts and thrown in the hole.”



The letter and illustration sent to Metro by Jeannette Tossounian. METRO

Cruelty claims

“No matter what an inmate does, if the institution wants to punish, they will get punished.”

Inmate Jeannette Tossounian, writing in a letter to Metro

Tossounian wrote that she has never been a bra-wearer and believes studies that link wearing a bra to breast cancer, a premise not widely accepted by the scientific community.

“To (force) a woman to wear a bra, inmate or not, is a violation of human rights. It is sexual discrimination that breaks a woman down into body parts that must be controlled because these parts are female,” she wrote.

Tossounian also wrote that the incident made her feel helpless.

“Some inmates end up losing their minds, even to the point of committing suicide,” she wrote. “I have to remain strong.”

Jeannette Tossounian, an inmate at Vanier Centre for Women in Milton, Ont. TORSTAR NEWS SERVICE

Tossounian’s lawyer for the appeal of her sentence, Vanessa Christie, said her client’s account of what happened is “disturbing.”

Follow Jessica Smith on Twitter @jessiecatherine

Dying mine revived as stand-in for Mars

The Jeffrey Mine in Asbestos, Que. THE CANADIAN PRESS FILE

Canada’s last asbestos mine, now winding down its operations, may have a new celestial calling — as a stand-in for planet Mars.

Quebec’s Jeffrey Mine hosted nearly two dozen scientists recently for a simulated Mars mission initiated by Canada’s space agency.

The scientists from four universities made a pair of trips to the Asbestos region, this year and last year, accompanied by a micro-rover.

“There are definitely areas (on Mars) that are much more like what we have at Jeffrey Mine,” said Ed Cloutis, a University of Winnipeg professor who took part in the project.

The new vocation won’t exactly replace the once-mighty asbestos industry as an economic lifeblood for the region.

The mine had been counting on a $58-million government loan to renovate and keep operating. The simulated Mars mission cost $800,000 — and some local officials, including an alderman and the town’s director general, didn’t even appear to be aware of the project when contacted by The Canadian Press.

The goal of the project was to simulate as closely as possible a Mars rover mission to detect the presence of, and determine the source of, methane on Mars.

Cloutis, an expert in planetary geology, said the scientific missions to the Asbestos region could be Canada’s ticket to future trips to the red planet.

“One way to search for life on Mars (is) you look at the gases that might be produced or used as a food source by bacteria on Mars,” Cloutis said in an interview.

Methane gas, which can be found at the mine on the edge of the town of Asbestos, is one of two key indicators of life. The other is water.

Methane has already been detected in the Martian atmosphere and scientists are hoping NASA’s Curiosity rover will find it on the planet.

THE CANADIAN PRESS

Mine vs. Mars

Jeffery Mine is more like the barren surface of Mars than one might think.

- Jeffery was one of the largest open-pit mines in the world. With a diameter of more than two kilometres and a depth of around 350 metres, the pit allowed plenty of room for roving around.
- It also contains serpentinite, a rock prone to hosting bacteria, which scientists hope to find on Mars.

National pride

Poll tests country’s love of traditional Canadian symbols

Canadians, it seems, love their universal health care. The monarchy? Not so much.

A new national poll commissioned by the Montreal-based Association for Canadian Studies examined the pride Canadians place in a list of more than a dozen symbols, achievements and attributes.

The online survey of 2,207 respondents found universal health care was almost universally loved, with 94 per cent calling it an important source of collective pride.

At the other end of the spectrum, just 39 per cent of respondents felt the monarchy was a source of pride.

Thirty-six per cent of respondents felt official bilingualism was of little or no importance, while 30 per cent were unimpressed with the War of 1812 and 25 per cent shrugged off Canada getting its own constitution.

THE CANADIAN PRESS

Climate cascade

Forests warming as pine beetles kill off sweaty trees: Study

New research suggests mountain pine beetles have become so widespread that they’re not just benefiting from global warming, they’re starting to contribute to it.

Scientists have concluded that the warming climate has let the tree-killing beetle spread into new areas. Their mass spread is considered one of the largest ecological disturbances ever recorded.

Holly Maness, an earth scientist working at the University of Toronto, and her team concluded that beetle-ravaged forests were, on average, one degree warmer during the summer than healthy forests.

The reason? Tree sweat, or rather, the lack thereof.

“When you kill a tree, it’s going to stop sweating. That means that solar radiation that was previously spent evaporating water from these trees is now going into heating the surface.”

THE CANADIAN PRESS

Meet the new boss

Empty drama expected from three byelections

By the time the dust settles Monday night, a great deal more noise will have been generated by a trio of federal byelections than the outcomes will likely merit.

Three new MPs, representing the same team colours as those who departed, are expected to be en route to Parliament.

Along the way, however, the respective campaigns in Calgary Centre, Durham (Ontario) and Victoria will have presented an early test run for the distant general-election battle of October 2015.

And judging by this month’s byelections, 2015 will be quite a show.

Joan Crockatt is the establishment Tory favourite in Calgary Centre — a riding conservatives have held for 40 years — but she faces an almost unprecedented polling threat from Liberal candidate Harvey Locke. THE CANADIAN PRESS

Morsi's bid for more power causes turmoil

In this Nov. 23 photo released by the Egyptian presidency, President Mohammed Morsi speaks to supporters outside the presidential palace in Cairo, Egypt. EGYPTIAN PRESIDENCY/THE ASSOCIATED PRESS

Egypt. Fight over president's powers threatens to destabilize the country as stocks plunge amid ongoing chaos

Supporters and opponents of Egypt's president on Sunday grew more entrenched in their potentially destabilizing battle over the Islamist leader's move to assume near-absolute powers, with neither side appearing willing to back down as the stock market plunged amid the fresh turmoil.

The standoff poses one of the hardest tests for the nation's liberal and secular opposition since Hosni Mubarak's ouster nearly two years ago. Failure to sustain protests and eventually force Mohammed Morsi to loosen control could consign it to long-term irrelevance.

Clashes between the two sides spilled onto the streets for a third day since the president issued edicts that make him immune to oversight of any kind, including that of the courts.

A teenager was killed and at least 40 people were wounded when a group of anti-Morsi protesters tried to storm the local offices of the political arm of the president's Muslim Brotherhood in the Nile Delta city of Damanhoor, according to security officials.

It was the first reported death from the street battles that erupted across much of the nation on Friday, the day after Morsi's decrees were announced. The officials, who spoke on condition of anonymity because they were not authorized to speak to the media, identified the boy as 15-year-old Islam Hamdi Abdel-Maqsood.

The tensions also dealt a fresh blow to the economy, which has suffered due to the problems plaguing the Arab world's most populous nation since Mubarak's ouster.

Egypt's benchmark EGX30 stock index dropped 9.59 percentage points Sunday in the first trading session since Morsi issued his decrees.

THE ASSOCIATED PRESS

Politics

Feds offloading part of pledge to resettle refugees

The federal government is seeking to offload some of its international promises to refugees onto the private sector. They're asking community groups to sponsor 1,000 of the refugees the Canadian government has told the United Nations it will resettle over the next three years. THE CANADIAN PRESS

Gaza Strip

Violation of truce with Israel would be a sin: Cleric

A leading Islamic cleric in the Gaza Strip has ruled it a sin to violate the recent ceasefire between Israel and the Hamas militant group that governs the Palestinian territory — according a religious legitimacy to the truce and giving the Gaza government strong backing. THE ASSOCIATED PRESS

Rebel group

Congo and M23 rebels negotiate in Uganda

Congolese officials were in talks Sunday with representatives of M23, the rebel group that last week took control of the eastern Congo city of Goma, according to Ugandan officials. The Ugandan defence minister is mediating discussions to help reach a settlement.

THE ASSOCIATED PRESS

Same-sex couple. 4-year fight for rights reaches U.S. top court's doorstep

A San Francisco couple is waiting to find out if the U.S. Supreme Court will take their case challenging the 1996 law that prohibits the federal government from recognizing same-sex marriages.

Karen Golinski and her partner of 23 years, Amy Cunninghis, got married during the brief window in 2008 when gay and lesbian couples could tie the knot in California. Within weeks of their wedding, Golinski applied to add her spouse to her employer-sponsored health-care plan. Her ordinarily routine request still is being debated more than four years later.

Because Golinski is married to another woman and works for the U.S. government, her claim for benefits has morphed into a legal challenge to the 1996 law that prohibits the federal government from recognizing same-sex unions like hers.

The high court has scheduled a closed-door conference for Friday to review Golinski's case and four others that also seek to overturn the Defence of Marriage Act (DOMA) overwhelmingly approved by Congress and signed by President Bill Clinton.

The outcome carries economic and social consequences for gay, lesbian and bisexual couples, who now are unable to access Social Security survivor benefits, file joint income taxes, inherit a deceased spouse's pension or obtain family health insurance. THE ASSOCIATED PRESS

Earlier rulings

The federal trial courts that heard the cases all ruled the Defence of Marriage Act act violates the civil rights of legally married gays and lesbians. Two appellate courts also agreed.

- The last time the Supreme Court confronted a gay-rights case was in 2010, when the justices voted 5-4 to let stand lower court rulings holding that a California law school could deny recognition to a Christian student group that does not allow gay members.

Brazil fair closure

Metal structure at fair collapses, killing a visitor

A metal structure that served as the exit from the food court at an agricultural fair in Brazil collapsed late Saturday in strong winds, killing a 64-year-old woman and injuring three other people.

The accident forced the closure of the Contemporary Rural Brazil fair in Rio de Janeiro, which began Wednesday and was slated to run through Sunday.
THE ASSOCIATED PRESS

Britain battered

Two killed as storms, floods hit areas of England

Heavy rain and strong winds battered areas of Britain over the weekend, killing two people and flooding 800 homes, officials said Sunday.

A 21-year-old woman sheltering from the storm in a small tent died when a large tree fell on it in Exeter late Saturday. In Cambridgeshire, a man died after his car plunged into a swollen river.
THE ASSOCIATED PRESS

Participants carry a 15-metre-long, rainbow-coloured banner at the fifth Delhi Queer Pride parade in New Delhi, India, Sunday. Hundreds of gay-rights activists marched through the capital to demand they be allowed to lead lives of dignity in India's deeply conservative society. MUSTAFA QURAISHI/THE ASSOCIATED PRESS

Hundreds march in Indian pride parade

Masked. Many hid behind scarves or masks because they have not told friends and families about their sexuality

Hundreds of gay-rights activists marched through New Delhi on Sunday to demand that they be allowed to lead lives of dignity in India's deeply conservative society.

Dozens of demonstrators carried a nearly 15-metre-long, rainbow-coloured banner and waved placards demanding that the government extend the scope of anti-discrimination laws to schools, workplaces and public and private spaces.

Activists said that three years after the Delhi High Court made changes in India's colonial-era law that made gay and lesbian sex a crime, same-sex partners are still not socially accepted in India. In 2009, the court decriminalized gay and lesbian sex, which until then had been punishable by up to 10 years in prison.

Conservative groups have asked India's top court to overturn the lower court's order, and Supreme Court judges are currently hearing opinions from a range of people, including conservative groups and gay-rights activists.

Gay-rights activists are demanding that the government allow people to record the gender of their choice in the national census, voter identity cards and all other government documents.

Vimal Kumar, an activist with the National Alliance of People's Movements, said people's attitudes were gradually beginning to change and there was greater understanding among families in urban areas as television campaigns and gay parade marches caught on. But the pace of change is slow, he said.
THE ASSOCIATED PRESS

Quoted

"The government has to listen. Our struggle has gone on for very long."

Vimal Kumar, an activist with the National Alliance of People's Movements

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Cheers! Wine consumption on 'meteoric rise' in Canada

Canada's wine industry is poised for solid growth over the next five years, a new report says. TORSTAR NEWS SERVICE FILE

Canadians are increasingly reaching for a glass of Beaujolais instead of beer and they're also drinking more domestic wines, says a new study on Canadian drinking habits.

Consumers bought an average of 22 bottles of wine in 2011, up from 13 in 1995, found the Bank of Montreal's special report on the Canadian wine industry.

"It's a meteoric rise, really," said David Rinneard, national manager of agriculture at BMO.

And Canada's wine industry is poised for solid growth over the next five years, thanks in part to an aging population, a willingness to pay more for premium wines and the opportunity for domestic producers to make bigger inroads in the Canadian marketplace, the report said. THE CANADIAN PRESS

Doha, Qatar

UN begins new round of global warming talks

As nearly 200 countries meet in oil- and gas-rich Qatar for annual talks starting Monday on slowing global warming, one of the main challenges will be raising climate aid for poor countries at a time when budgets are strained by financial turmoil.

Rich countries have delivered nearly $30 billion US in grants and loans promised in 2009, but those commitments expire this year. And a Green Climate Fund designed to channel up to $100 billion US annually to poor countries has yet to begin operating. THE ASSOCIATED PRESS

Why wait for Boxing Day? Deal season comes early

Black Friday, Cyber Monday. Longtime U.S. discount weekend is now taking root on Canadian soil

Shop online, avoid mall fatigue: Cousins Maricruz Munoz, 15, left, and Monica Murillo, 15, sleep on a break from Black Friday shopping at Woodland Hills Mall on Friday, in Tulsa, Okla. Cyber Monday and Black Friday are spreading north of the border, experts say, and may soon surpass Boxing Day as the busiest shopping period of the year. MIKE SIMONS/THE ASSOCIATED PRESS

As hype surrounding Cyber Monday and Black Friday spreads north of the border, experts say the burgeoning weekend-long holiday sales event could soon surpass Boxing Day as the busiest shopping period of the year.

With the frenzy of what could be Canada's biggest-ever Black Friday over, deal-seekers are turning their focus to Cyber Monday, a day of deep online discounts held the Monday after the busiest shopping day of the year in the U.S.

For years, both events were largely U.S. phenomena that had Canadians who wanted to participate visiting American websites or making cross-border trips on the day after U.S. Thanksgiving, which marks the start of the crucial holiday shopping season when retailers turn profits, or go "into the black."

But a combination of factors — U.S. competitors setting up shop in Canada, Canadian retailers trying to keep sales local, Canadians' shifting shopping habits and tight-fisted consumers with shaky confidence in the economy — are helping to establish the events on Canadian soil.

Willy Kruh, global chairman in retail markets at KPMG, said he wouldn't be surprised if the four days from Black Friday to Cyber Monday soon overtake Boxing Day, now expanded to Boxing Week, as the best period for retailers in Canada.

He says Cyber Monday — which cropped up in Canada just three years ago — is growing at an even faster pace in Canada than Black Friday. THE CANADIAN PRESS

Turkey and discounts

- In the U.S., Thanksgiving shopping on Thursday took a noticeable bite out of Black Friday's start to the holiday season, as retail sales in stores fell slightly from last year. Hundreds of thousands of shoppers hit sales Thursday evening while still full of their Thanksgiving dinner. THE ASSOCIATED PRESS

Trash towers high in Thessaloniki

A woman walks by piles of garbage amassed during successive strikes by municipal workers in the northern Greek port city of Thessaloniki on Sunday. The Greek government plans to place 2,000 civil servants on notice ahead of reassignment or potential dismissal. On Monday, European finance ministers will meet yet again to try and reach an agreement on releasing rescue loans to debt-ridden Greece. NIKOLAS GIAKOUMIDIS/THE ASSOCIATED PRESS

Boom times return to Canuck TV production

Vancouver, Toronto and even Halifax are booming as TV production centres again, after a decade-long slump due to everything from a higher Canadian dollar to aggressive U.S. state tax incentives to SARS.

Rob LaBelle, executive producer of the upcoming CTV show Motive, says the success of Flashpoint — now in its final weeks on the air — helped reignite Canada as a base of production for North American dramas.

While the success of cross-border co-productions between Canadian and American networks can be debated (a hit in Canada is often a summer "bench player" in the States), LaBelle says the real legacy of Flashpoint is that it demonstrated to American network programmers that Canada can produce viable content. "It's wide open now, in terms of production," says LaBelle.

Beyond the co-production craze, a new go-it-alone boom is generating some buzz. While both Motive and Cityty's upcoming comedy Seed, to name just two, have international distribution deals, they are stand-alone Canadian shows developed and produced without a U.S. network partnership. THE CANADIAN PRESS

Back to work

- For Canadian actors, writers, directors, producers and crew members, the production boom finally means more opportunities to work in Canada.

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LIBERALIZING LIQUOR: THE RIGHT WAY TO GO?

URBAN COMPASS
Paul Sullivan
saskatoon@metronews.ca

Things are perking up around here.

We may not be able to show off the Grey Cup — yet again! — and there's still no NHL to heat up the TV above the bar. But none of that matters now that we can order a drink and watch young women prance around the stage wearing a good deal more than they do on a hot day at Regina Beach.

The provincial government's 77 changes to liquor laws are being hailed as the modernization of Saskatchewan, and about time. But when you think about it, the whole thing is kind of quaint.

Governments should...

If anything, conscientious governments should be putting nasty labels on the bottle displaying the graphic effects of liver cirrhosis.

Adult entertainment has, thanks to the Internet, gone far beyond anything conceived by the careful bureaucrats who police the province's morals. Even before the Great Liberalization, you could walk into any bar, sit down, order a beer and watch whatever on your tablet.

And I do mean whatever in its fullest sense. Whatever means a good deal more than anything Foxxy Payola will get up to in her burlesque-era togs under the new rules. No nipples or genitals? They're kidding, right?

Then there's the whole idea of promoting liberalized liquor laws at a time when the advocates of legalizing marijuana argue that their high of choice is better for you than alcohol, which wreaks almost as much havoc annually as tobacco, costing Canadian taxpayers more than $15 billion in death, illness, law enforcement and loss of productivity. If anything, conscientious governments should be putting nasty labels on the bottle displaying the graphic effects of liver cirrhosis.

So what's the big deal? Why have these 77 tinkerings with the liquor law led to metaphorical dancing in the street? (The actual dancing will come a little bit later once the changes take effect.)

Well, it's allegedly better for the entertainment industry. Now it's OK to have a wet T-shirt contest and sell drinks. At the same time. It could theoretically be possible to get obliterated at an all-you-can-drink beer night and watch young women douse each other with pails of cold water.

Does it get any better than that?

Frankly, the whole thing is wrong-headed. If you believe adults will behave responsibly, or even that it's not the government's business to make sure adults behave responsibly, then these minor variations are just irritating.

On the other hand, if you see alcohol as a dangerous substance that should be carefully controlled, any "liberalization" is dangerous to health and well being. If anything, drinkers should be harassed and intimidated. Look how well it's working against smokers.

But this moderation thing? It will never work.

Cambridge University

Centre to study risk of technology to humans

Britain's Cambridge University says it is planning to open a new centre to study the risks that super-intelligent computers could pose to humanity.

The university says the proposed Center for the Study of Existential Risk will bring together academics to consider how accelerating development in artificial intelligence and other technologies can "threaten our own existence."

Huw Price, a philosophy professor at Cambridge, said that while the idea that computer robotics could take over control from humans may seem far-fetched, it is worth taking the potential risks seriously.

He says that the exact nature of the risks is difficult to predict, but that this underlines the need to understand more about artificial intelligence.

The university said the centre's launch is planned for next year.

THE ASSOCIATED PRESS

Many CDs make light work

OLI SCARFF/GETTY IMAGES

Art installation

Artwork puts CDs in a good light

An artist has created a festive display of light, using thousands of old CDs. Bruce Munro's work, entitled Blue Moon on a Platter, forms part of the Christmas decorations at Waddesdon Manor in Buckinghamshire, England, a Neo-Renaissance style of a French château originally built for the prominent Rothschild family of bankers.

METRO

A lot of tracks

50,000

The number of unwanted CDs used in Munro's installation. Donated by a local recycling centre, they were placed on a grassy amphitheatre, which measures 28 metres across. The "moon," which measures 1.5 metres in diameter, is made up of 101 spheres containing coiled optic fibers. It glows with blue light, which is passed along the fiber optics via a metal halide projector. It took Munro and his team of more than a dozen volunteers one week to install.

Artist's viewpoint

"At dusk, when the CDs reflect the light from the sky, and the landscape is dark, the installation shines brightest and looks like a massive sequin bead."

Bruce Munro,
light installation artist

Q & A

Brighter when dark

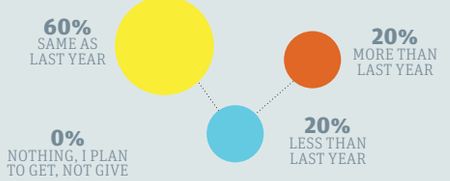
Metro: What's special about the material of CDs?

Munro: Their iridescent quality of reflecting light — they look just like a rainbow. But what's so unusual about the CDs is that they seem to reflect light better when there is not a lot of natural light around.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How much do you plan on spending over the holidays?



Twitter

@jkalyn:
In line at the #yxe STC bus depot, waiting for the bus to #yqr. Pretty sure 75% of these people were at Chili Peppers last night.

@Rhino_Bob:
Got to wonder how Prince Albert's voter approved liquor law are going to jibe with the province's proposals #skpoli - Local ppl make rules?

@missmelmelmel:
On my list of places that are bumpin' on Sunday, I would not have thought to include the Public Library. #yxe

@MEGyxe:
Loved #RHCP in #yxe last night! Ridiculously talented group of guys. The shoutout for music at the end was the best. Support live music.

@Miss_Mousie:
Off to the #FestivalOfTrees #Saskatoon :)

metro
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No love for Bieber's halftime show from Grey Cup crowd

CFL. Bieber booed, Lightfoot lauded during splashy halftime show

Justin Bieber faced a hostile homecoming at the 100th Grey Cup on Sunday, with the jeering capacity crowd at the raucous Rogers Centre providing the teen idol with a reception as unyieldingly cold as a long Canadian winter.

The 18-year-old grew up roughly 150 kilometres down the road in Stratford, Ont., but that didn't help his cause with the rowdy crowd on hand, who took aim at the ubiquitous pop star whenever possible.

They booed when his face popped up on the JumboTron. They booed when a host spoke his name at the onset of halftime. And they booed with extra glee as he took the stage and throughout his medley of the finger-snapping, chart-topping hit Boyfriend and the disco-inflected club come-on Beauty and a Beat.

If Bieber was bothered by the boo-birds, it didn't show.

"It's an honour to be here at the Grey Cup in Canada," he said, a smile tugging at his lips despite the reaction.

"Make some noise. I said make some noise!"

Unfortunately, the crowd obliged. More boos.

As he wrapped up Beat a dazzling array of pyrotechnic lights popped into the air and at first the crowd responded enthusiastically. But once again, the cheers dissolved into boos.

"Thank you so much Canada," Bieber announced, ignoring the response. "I love you."

Most figured that while Bieber is a bona fide draw — an international star and tabloid fixture whose latest record Believe became his third straight to reach multi-platinum status in Canada after its June release — most of those fans simply weren't at the game.

"J-Biebs doesn't scream football, you know? Neither does Carly Rae Jepsen," said Calgary's Ryan Prisque, 22.

"Gordon Lightfoot — that'll be the time I turn back from the beer gardens and watch."

The 74-year-old Lightfoot certainly did captivate the crowd Sunday. With the stadium lights down, Lightfoot opened the halftime show by materializing on a modest stage near the 50-yard line, dressed in black and strumming an acoustic guitar. The crowd roared.

Pop outfit Marianas Trench was greeted mostly with indifference, while Jepsen also received a mixed reaction at first but won the crowd over during an enthusiastic medley of her latest single, This Kiss, and her smash hit Call Me Maybe. THE CANADIAN PRESS

By the numbers

Halftime show lighting and rigging:

- **More than 1,300 feet.** Of truss.
- **403.** Moving lights.
- **136.** Video panels.
- **100.** LED lights.
- **40-foot flames.** From 4 locations.
- **4.** Confetti blasters.
- **1.** Flying stage.

–TORSTAR NEWS SERVICE

Carly Rae Jepsen won over the crowd with her Call Me Maybe/This Kiss medley at the halftime show. THE CANADIAN PRESS

Football fans reserved the love for Canadian singer-songwriter legend Gordon Lightfoot THE CANADIAN PRESS

Bieber haters booed extra loud during his performance of Boyfriend, but the superstar was unfazed. THE CANADIAN PRESS

Carly Rae's very big year

It speaks to the amazing year Canadian Carly Rae Jepsen has had that her huge gig at the Grey Cup in front of more than 52,000 fans doesn't even rank as her biggest yet.

There was the time she sang her megahit Call Me Maybe at a Justin Bieber show in Mexico City in front of 300,000 fans.

Then on Thursday she performed her latest single This Kiss during the Macy's Thanksgiving Day Parade in New York City, an event which drew an estimated three million people to the streets of Manhattan and 50 million TV viewers.

The enduring success of Call Me Maybe — which many considered the pop song of the summer — led to Jepsen being named Billboard magazine's rising star of 2012. Despite the dizzying accolades and platinum records that have piled up, Jepsen said she's not feeling any pressure to eventually top Call Me Maybe.

"I don't look at it as pressure in a negative way, I look at it as a fun challenge, for sure, to always be pushing to be your best and make the career grow and spread the music and to be a better everything: a better performer, better songwriter," she said.

"We had a goal in mind with the album Kiss that I really wanted to make something that I felt proud of and something that felt like me and I'll definitely want to do the same with the next album." THE CANADIAN PRESS

Call Me Maybe unplugged

Call Me Maybe started out more like a Lightfoot tune than a Top 40 radio staple.

- Jepsen initially wrote the track on an acoustic guitar.
- "I think all of my songs kind of sound a little folkier when they begin," says Jepsen.

Jubilee jamboree

Harper presents medal to the Biebs

Pop superstar Justin Bieber now has a Diamond Jubilee Medal to add to his accolades.

Prime Minister Stephen Harper presented the medal to Bieber at Scotia Bank Place in Ottawa prior to Bieber's concert on Friday night.

A spokeswoman for the prime minister says the Stratford, Ont., singer's family was with him as Bieber — who was dressed in overalls for his concert — received the honour from Harper.

Erica Meekes says Harper's son Ben was attending Bieber's concert with friends.

Harper announced the presentation of the award to Bieber on his Twitter feed saying "Was happy to present @justinbieber with a Diamond Jubilee Medal today."

The medal is awarded to people who have made a significant contribution to a particular province, territory, region or community within Canada, or an achievement abroad that brings credit to Canada.

Bieber's mother, father and grandparents also met with Harper and had their photos taken, a Harper spokesperson said.

THE CANADIAN PRESS

metronews.ca

How Psycho captured the world's imagination

Iconic film. Alfred Hitchcock's vision shocked the sensibilities of its day and laid the path for future directors

For his first professional acting job, a 22-year-old Anthony Hopkins took a train from South Wales to Manchester. With time to kill on a rainy day, he dropped off his bags and headed to the movies, where a long queue wound outside the cinema.

"It was packed," Hopkins recalls. "I sat down and I didn't know what the hell I was in for. I had heard stories about it. When it got to the shower scene, I don't think I've ever been so scared in my life."

The movie was, of course, Alfred Hitchcock's Psycho, a film that, 52 years after its shocking premiere, still hasn't released audiences from its subversive thrall. The film, which Hitchcock called "a fun picture," was revolutionary in its violence, its sexiness, its sympathy to the perspective of the criminal mind — and, perhaps above all, its technique.

"What if someone really good made a horror picture?" wonders the British director, played by Hopkins, in the new film Hitchcock. Directed by Sacha Gervasi, it depicts the making of Psycho with a keen focus on Hitchcock's relationship — and profession indebtedness — to his wife Alma Reville (played by Helen Mirren).

It is only the latest example of the undying fascination with Psycho, a film that ushered in a new darkness in American movies — one with a playful sense of irony toward violence, but also a serious treatment of that which had previously been considered mere "schlock." Though Hitchcock made a dozen films that could easily be labelled masterpieces, none seized audiences with the same power as Psycho.

Made for just $800,000 at the end of Hitchcock's contract with Paramount (which distributed the film but left Hitchcock to finance it himself), Psycho, based on Robert Bloch's novel, went on to gross $32 million — the biggest hit of his career. The director famously handed out manuals to theatres with explicit directions not to let anyone in after the movie began. Though most critics dismissed the film then, some finally began to consider Hitchcock an artist of the highest order — most notably Robin Wood, who called Psycho "perhaps the most terrifying film ever made."

"We are (taken) forward and downward into the darkness of ourselves," wrote Wood. "Psycho begins with the normal and draws us steadily deeper and deeper into the abnormal."

That Psycho killed off its star — Janet Leigh — after just half an hour was only one of its many unheard of elements. Scenes of Leigh in her underwear were unusual for their time, too, and prompted lengthy negotiations between Hitchcock and the censors. Even a flushing toilet — considered a vulgar sight — had never been seen in such a big movie.

Of course, in his book The Moment of Psycho: How Alfred Hitchcock Taught America to Love Murder, the critic David Thomson argues that the influence of Psycho is everywhere in movies, including Bonnie and Clyde, Jaws, Taxi Driver, many of the films of Stanley Kubrick and even the James Bond movies. Psycho, Thomson writes, let "the subversive secret out," after which "censorship crumpled like an old lady's parasol."

"It's one of the most influential films ever made," says Thomson. "It's the beginnings of a flood of violence. Violence becomes more acceptable in film. It's a whole new attitude to the criminal personality. It becomes more interesting in a way that had never really operated before. It celebrates the director. (Hitchcock) was taken with a new seriousness after that, and in turn, directors were."

THE ASSOCIATED PRESS

Anthony Hopkins plays the famed director in Hitchcock. HANDOUT

In the shower

Psycho's infamous scene

The film's piece de resistance is when Leigh's Marion Crane meets her demise — immediately recognizable from the "screaming violins" of Bernard Herrmann's score. A prop man sounded the scene by knifing casaba melons.

Where will Star Wars go?

New trilogy. Facts are scant — but there are a plethora of novels and comic books that Disney can mine for ideas for new films

Darth Vader is dead. The evil Emperor exploded after being thrown down a shaft. And Luke Skywalker and his allies destroyed both Death Stars, restoring balance to the Force. For The Walt Disney Co., the prospective new owner of the Star Wars franchise, what's left to tell?

A lot, apparently.

There are more than 110 novels and 80-plus comic books set after the events of Return of the Jedi, the sixth episode in the film series and the third to be made. All of these additions to the so-called "expanded universe" were sanctioned by Lucasfilm Ltd., founded by series creator George Lucas.

Where will the Star Wars saga go next? THE ASSOCIATED PRESS

That has left a lot of room for speculation ever since Disney announced last month that it would buy Lucasfilm for $4.05 billion and resume making Star Wars movies, starting with Episode 7 in 2015.

For fans, some big questions remain.

Will Luke take on a Jedi apprentice? Will Han Solo and Princess Leia have kids? And who will be the movies' villain? (A) A revived Emperor; (B) the hard-to-kill bounty hunter Boba Fett; (C) some new corrupt leader of the remnants of the Empire, or (D), all of the above?

THE ASSOCIATED PRESS

Chasing clues

One of the most telling clues as to the next trilogy's direction is the fact that George Lucas invited Luke actor Mark Hamill and Princess Leia actress Carrie Fisher to lunch some time ago to tell them that the sequels were going to be made. This suggests that Luke and on-screen sister Leia will be involved.

J.R. actor Hagman brought 'joy to everyone he knew'

In this photo from 2008, Larry Hagman poses in front of the Southfork Ranch from Dallas. THE ASSOCIATED PRESS

Remembering a legend. Actor, who was reprising infamous role in a new edition of popular TV series, succumbs to cancer

J.R. Ewing was a business cheat, faithless husband and bottomless well of corruption. Yet with his sparkling grin, Larry Hagman masterfully created the charmingly loathsome oil baron — and coaxed forth a Texas-size gusher of ratings — on television's long-running and hugely successful nighttime soap, Dallas.

Although he first gained fame as nice guy Capt. Tony Nelson on the fluffy 1965-70 NBC comedy I Dream of Jeannie, Hagman earned his greatest stardom with J.R. The CBS serial drama about the Ewing family and those in their orbit aired from April 1978 to May 1991, and broke viewing records with its Who shot J.R.? 1980 cliffhanger that left unclear if Hagman's character was dead.

The actor, who returned as J.R. in a new edition of Dallas this year, had a long history of health problems and died Friday due to complications from his battle with cancer, his family said.

"Larry was back in his beloved hometown of Dallas, re-enacting the iconic role he loved the most. Larry's family and closest friends had joined him in Dallas for the Thanksgiving holiday," the family said in a statement that was provided to The Associated Press by Warner Bros., producer of the show.

The 81-year-old actor was surrounded by friends and family before he passed peacefully, "just as he'd wished for," the statement said.

Linda Gray, his on-screen wife and later ex-wife in the original series and the sequel, was among those with Hagman in his final moments in a Dallas hospital, said her publicist, Jeffrey Lane.

"He brought joy to everyone he knew. He was creative, generous, funny, loving and talented, and I will miss him enormously.

"He was an original and lived life to the fullest," the actress said.

Years before Dallas, Hagman had gained TV fame on I Dream of Jeannie, in which he played an astronaut whose life is disrupted when he finds a comely genie, portrayed by Barbara Eden, and takes her home to live with him.

Eden recalled late Friday shooting the series' pilot "in the frigid cold" on a Malibu beach.

"From that day, for five more years, Larry was the centre of so many fun, wild and sometimes crazy times. And in retrospect, memorable moments that will remain in my heart forever," Eden said.

Hagman also starred in two short-lived sitcoms, The Good Life (NBC, 1971-72) and Here We Go Again (ABC, 1973).

THE ASSOCIATED PRESS

Mourning

Fans pay respect

Tourists and locals flocked to Southfork Ranch on Saturday, bringing flowers in memory of Larry Hagman, who played the infamous J.R. Ewing on the TV show Dallas.

Hagman died in Dallas, Texas on Friday at age 81 due to complications from his battle with cancer.

Southfork, a ranch north of Dallas, was known to millions of viewers as the Ewing family home. Exterior shots of the house and pool were shown when the series aired from 1978 to 1991, although the show wasn't filmed there.

The ranch has been open for tours since the mid-1980s, and now sees more than 100,000 visitors each year. Each room of the house has a theme for each character.

On Saturday, J.R. Ewing's room had flowers and a card for tourists to sign.

"Today is about Larry Hagman and his family," said Janna Timm, a Southfork Ranch & Hotel spokeswoman.

"He was such a wonderful person, and we will really miss him."

Dallas was recently revived on TNT this summer, and all of the scenes were filmed at Southfork or other places in the Dallas area.

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9:00 am - 9:00 pm
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The Sound of Christmas
2012 Festival of Trees
The Sound of Christmas
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• Entertainment stage featuring daily performances
• Sugarplum Lane gingerbread displays
• Recyclable trees & wreaths
• Once Upon a Storytime, featuring professional storytellers
• Special events each night
• Festival Raffle, "The Man Cave" prize: 6 ft tree & entertainment furnishings
• Gingerbread cookies for $1
General Admission
Tickets can be purchased on site
Adults $9.00
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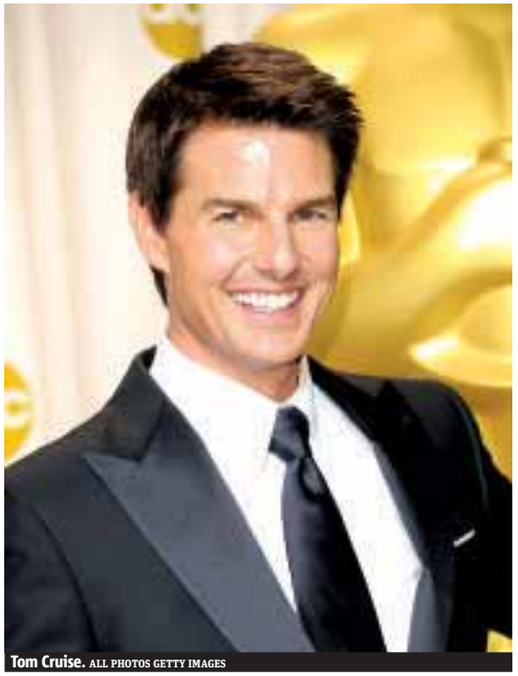
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Tom Cruise. ALL PHOTOS GETTY IMAGES

Cruise flies in daughter for Thanksgiving

Even though Tom Cruise is currently on location in London filming All You Need is Kill, he still got to spend Thanksgiving with his daughter, six-year-old Suri Cruise, who was flown in for the occasion, according to Us Weekly.

The holiday was the "first time he's seen Suri in a long time," a source says.

Ex-wife Katie Holmes, meanwhile, headed to her parents' home in Toledo, Ohio, for the big day before returning to New York for a Friday evening performance of her Broadway play, Dead Accounts.

Justin Bieber

Bieber no longer the king of YouTube

Justin Bieber was unseated as the king of YouTube this weekend when South Korean rapper Psy's infectious Gangnam Style surpassed Bieber's Baby as the most-watched video in the website's history.

Psy's music video has racked up more than 803,761,000 views since being uploaded in July. It previously earned the distinction of becoming the video with the most likes on the site, with more than 5.3 million likes and only 323,000 dislikes.

The Word

Berry caught in the middle as ex-boyfriend and fiancé go to war

It was a pretty dramatic Thanksgiving for Halle Berry as her ex-boyfriend Gabriel Aubry and fiancé Olivier Martinez came to blows during an argument when Aubry dropped off Nahla, the four-year-old daughter he shares with Berry, for the holiday, according to The Associated Press.

TMZ reports that Martinez broke his hand and sustained neck injuries in the fight, while Aubry walked away with a broken rib, facial contusions and a possible head injury.

Sources tell Us Weekly that Aubry "initiated" the fight after having words with Martinez.

"He shoved Olivier, then punched him. Olivier just defended himself," a source says.

Aubry was arrested and released on $20,000 bail.

He's due in court Dec. 13. Immediately following the scuffle, Berry obtained an emergency protective order against Aubry that forbids him from coming within 100 yards of Berry, Martinez or Nahla.

The order is set to expire Tuesday, but Berry is reportedly taking Aubry to court in hopes of making the restraining order permanent.

Taylor Swift

Swift talks about relationship mistakes she has made

Taylor Swift is well aware that she has a problem with falling in love too fast.

"I don't think there's an option for me to fall in love slowly or at medium speed. I either do or I don't. I don't think it through, really, which is a good and a bad thing," the 22-year-old singer tells Parade magazine, adding that in retrospect, her relationships don't always seem to be all that they are cracked up to be.

"I tend to think things are love and then look back and re-evaluate," she says.

"I know how many people I've said, 'I love you' to. I could probably count it up, but I don't feel like it. Part of me feels like you can't say you were truly in love if it didn't last. If I end up getting married and having kids, that's when I'll know it's real — because it lasted."

Twitter

@tyrabanks
I feel like a Transformer!

@EmmaBunton
When can I put my Christmas tree up???

@ActuallyNPH
At Disney World for the 1st time with our kids. Peter Pan's Flight, their 1st ride ever. They loved it. I just sat there crying.

@RebelWilson
Today I gave back to the community by teaching kindergarteners how to pose for photos fully gangsta

Book excerpt

Going a little crazy?

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

You've been home with the kids too long when...

1. You own Memory Books for all of your children. And they are up to date.

2. Sorting through orphaned socks in the laundry room is a serious contender for an exciting afternoon activity.

3. You start begging the children to do some arts and crafts with you.

4. You have checked your email 16 times in the past 15 minutes.

5. You take your daughter to more than one store to look for the perfect pair of back-to-school runners.

6. You have noted the dry clean pick-up time on your desk diary (you still have a desk diary?).

7. Home made Valentine's and Christmas cards sound like fun!

8. You don't have the children in the car, but you're listening to their Mother Goose Raps CD. Hey, that next song really rocks.

9. Your six-year-old asks you to put her teddy bear down for a nap while she's at school and wake him up just before she gets home. You do it.

10. When the neighbours get new windows, you call your husband to tell him. Twice.

11. The appointment of a new school principal is a big deal. EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME, BY KATHY BUCKWORTH, KEY PORTER BOOKS, SOON TO BE AVAILABLE ON AUDIBLE. VISIT KATHYBUCKWORTH.COM.

Exclusively online

Mommy remembers the days when all she had in her fridge was three varieties of mustard. But now that you're born, meal planning has become slightly more complicated than choosing toppings off a pizza delivery menu. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Love at first bark or meow

Pets. If you think you're ready for your first pet, check out the essentials that you should consider

EMMA GODMERE
life@metronews.ca

Got dog fever? Or maybe you're itching for a kitten? Adopting an animal for the first time can be a rewarding experience for any new owner. Studies show that pet ownership can be on par with human friendship when it comes to emotional benefits like increased self-esteem and fewer feelings of loneliness.

But with great company comes great responsibility. Even if you have your heart set on welcoming a lively German shepherd into your home, it's important to select the right pet for you, your family and your lifestyle.

"For single people, or households where people are out a lot, a dog's probably not going to be the best pet," suggests Dr. Simon Starkey, a veterinarian at PetSmart's headquarters in Arizona. Without company for extended periods of time, dogs can suffer from separation anxiety. Cats, on the other hand, tend to be more independent and content spending less time with their owners.

But that's not to say a particular type of animal should be out of the question. Meet Your Match, a program spearheaded by the American SPCA, helps hopeful owners find the right kind of furry friend for them.

"It's like eHarmony for dogs and cats," says Alison Cross, spokesperson for the Ontario SPCA. Pets go through personality assessments while prospective owners complete questionnaires to identify traits and needs in order to make the best match for both parties.

Maybe a smaller, less demanding animal, like a hamster or a guinea pig, is more fitting to your lifestyle. Little creatures with much shorter life expectancies may be a great introduction to pet care. Smaller animals still do require daily food and water top-ups and regular cleaning of cages and enclosures, with which the whole family can help.

Once you meet your new pet, finding a veterinarian and understanding the costs of taking care of the newest member of your family should be your next step. Vets will recommend the best type of food and tips for providing care.

Tips

- **Adoption.** "You're saving a lot of money if you choose to adopt," says Cross. Many shelters ensure pets are spayed or neutered, vaccinated and microchipped before putting them up for adoption.
- **Breeders.** Dog-seekers may choose to approach breeders to find their pet. The Humane Society of the United States suggests seeking referrals for responsible breeders from dog-owning friends whom you trust. The Canadian Kennel Club also provides links to its member breeders at ckc.ca.

The benefits of owning a pet come with responsibilities. ISTOCK

Start sharing

Remember your first pet? Was it a cat, dog or maybe a pet rock? Visit this article online, tweet us or even turn to the person next to you and share your memories of that special pet.

First in a series on firsts. This is the first in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

A very special nine months of fitness

Celeb trainer Tracy Anderson. GETTY IMAGES

OLIVIA MORROW
Metro World News in New York

It's no surprise that it was a star-studded affair when celebrity trainer Tracy Anderson launched her nine-disk workout DVD, Tracy Anderson: The Pregnancy Project, at a party thrown by friends Gwyneth Paltrow and Christy Turlington Burns last month in New York City. After all, such bold-faced names as Madonna, Nicole Richie, Courteney Cox, Shakira and Jennifer Lopez have her to thank for their red-carpet-ready bodies.

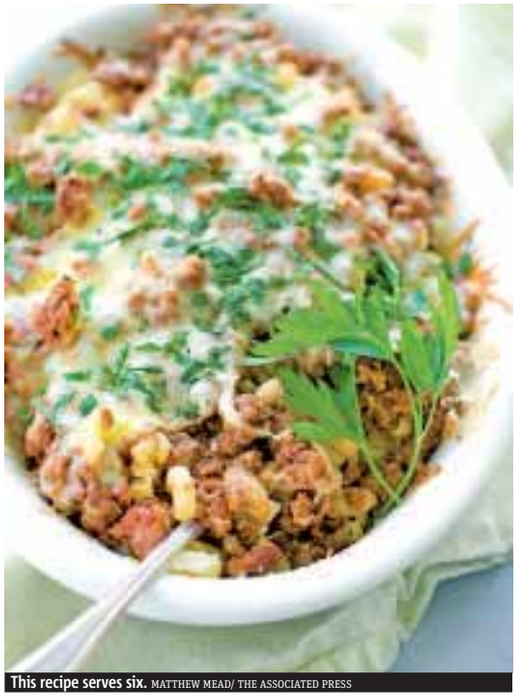
And although Anderson is known for her rock-hard discipline in order for her clients to get rock-hard bodies, she knows when it's OK to ease up: When you're expecting.

"I think you should give in to most cravings during pregnancy, because your body is telling you what it needs to nurture this new life," Anderson told us. "The thing I don't advocate is what I did during my first pregnancy — I craved Pizza Hut, I craved McDonald's, I craved Oreo Blizzards from Dairy Queen. We're talking the crappiest food on the planet. So while I do think you can have some of that every once in a while, don't make it a daily habit, because then you're setting yourself up for disaster."

Anderson knows this firsthand. She gained more than 60 pounds in her first pregnancy with her son, Sam, in 1998 — not a good look when you make a very good living by being in shape. She learned her lesson and, through a healthy diet and exercise, only gained 30 pounds with her second child, a daughter named Penelope, who was born in May.

Now Anderson uses that hard-earned knowledge to help other moms-to-be stay in shape throughout their pregnancy in the new DVDs, which offer a different workout for each month of pregnancy, plus nutrition support. "Women are not supported enough in pregnancy, which is why I love The Pregnancy Project," she says. "It's why I did nine months of DVDs, because your body changes so much. Every single month you need something different — like, you're really nauseous in the beginning and then in the second trimester, you feel really good and in the third you feel like a house. You need support throughout the whole entire pregnancy."

Give dinner an ooey, gooey touch with cheesy casserole



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

"Forgive me for getting a little 'cheesy' here, but that's just what this one-dish wonder is all about: cheese," writes Dave Venable in his cookbook, In the Kitchen with David. "Everything we love about melted cheese — rich, ooey, gooeyness — is right here in this cheeseburger casserole."

1. Heat the oven to 350 F.

2. Bring a large pot of water to a boil. Add 1 tablespoon of the salt and the macaroni and cook until tender but still firm to the bite, 7 to 8 minutes. Drain well.

3. Heat a large skillet over medium-high heat. Add the beef and onion and cook, stirring, until the beef is well browned. Carefully drain the fat from the skillet, then stir in the tomato sauce, the remaining 1 teaspoon of salt, and the black pepper. Bring to a simmer over low heat while preparing the remaining ingredients.

4. In bowl, combine ricotta, sour cream, bell pepper and scallions. Spread half of the pasta in a 9-by-13-inch baking dish. Top with the ricotta mixture, then the remaining pasta. Pour the meat mixture over the top. Sprinkle with the cheddar and mozzarella.

5. Bake casserole until the cheese is melted and lightly browned, about 20 minutes. Sprinkle with parsley before serving. **THE ASSOCIATED PRESS/ DAVE VENABLE'S IN THE KITCHEN WITH DAVID, BALLANTINE BOOKS, 2012**

Ingredients

- 1 tbsp plus 1 tsp kosher salt
- 16-oz package elbow macaroni
- 2 lbs ground beef
- 1 large onion, chopped
- Two 8-oz cans tomato sauce
- 1/8 tsp ground black pepper
- 1 cup ricotta cheese
- 1/4 cup sour cream
- 1/3 cup chopped green bell pepper
- 1/3 cup chopped scallions
- 1/2 cup shredded cheddar cheese
- 1/4 cup shredded mozzarella
- 1/4 cup parsley, chopped

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Snack bars are the go-to after-school treat for many kids. However, be wary of the empty nutrients.

2 Quaker Peanut Butter Granola Bars

300 calories/ 14 g fat/ 7 g sat fat/ 20 g sugar

Granola bars are not really a snack since they lack the substantial protein and fibre you need. The calories and fat are empty nutrients.

Equivalent

Two Quaker Peanut Butter Granola Bars are equal in fat to seven Honey Drop Timbits from Tim Hortons.

2 Rice Krispie Squares

180 calories/ 6 g fat/ 1 g sat fat/ 16 g sugar

If you want a sweet snack, choose this since the calories and fat are half and there's little saturated fat.

Side dish. Asparagus & Haricots Verts with Goat Cheese and Pine Nuts

1. In a medium skillet over medium, heat the 1 teaspoon of olive oil. Add the pine nuts and cook just until fragrant and lightly toasted, about 2 minutes. Sprinkle with the coriander and season with salt. Set aside.

2. Prepare a large bowl of ice water. Bring a large pot of salted water to a boil.

3. Blanch the haricots verts in the boiling water until bright green and just tender, about 3 minutes. Use a slotted spoon to immediately remove them to the ice water. Repeat the process with the asparagus, cooking it for 4 to 5 minutes depending on the thickness of the stalks.

4. Drain and pat dry the vegetables, then arrange them on a serving platter. Drizzle with olive oil, then top with the pine nuts, raisins and goat cheese. **THE ASSOCIATED PRESS**

Ingredients

- 1 tsp olive oil, plus additional for drizzling
- 1/2 cup pine nuts
- 1 tbsp ground coriander
- Salt
- 1 lb haricots verts, trimmed
- 2 lb asparagus, trimmed of woody ends, sliced lengthwise
- 1/4 cup chopped golden raisins
- 1/2 cup grated firm goat cheese

Turkey takes Mac 'n' Cheese to next comfort food level

Kids and adults alike will love this classic creamy macaroni and cheese casserole with the addition of lean ground turkey.

It provides a whopping 37 grams of protein, four grams of fibre and is a good source of calcium.

1. In a large non-stick skillet, heat oil over medium-high heat. Brown turkey, breaking into small pieces with a wooden spoon. Transfer to a plate.

2. In a large saucepan, melt butter over medium-high heat. Stir in onion and cook until translucent, about 5 minutes. Stir in garlic and cook just until fragrant, but not browned, about 1 minute.

3. Whisk in flour and cook until combines into a thick paste, about 1 minute. Continue whisking and slowly pour in milk. Bring to a boil and reduce heat to maintain a simmer, whisking often, until sauce is thick, about 10 minutes.

4. Whisk in Dijon, salt and pepper. Whisk in cheddar until smooth. Stir in noodles, reserved turkey with accumulated juice and tomatoes.

5. Pour into a greased 33-by-23-cm (13-by-9-inch) baking dish. Sprinkle with bread crumbs and bake in a 180 C (350 F) oven until sauce is bubbling and top is golden, about 30 minutes. Let sit for 10 minutes before serving. **THE CANADIAN PRESS/ MAKEITSUPER.CA**

Ingredients

- 5 ml (1 tsp) vegetable oil
- 500 g (1 lb) lean ground turkey
- 50 ml (1/4 cup) butter
- 1 small onion
- 3 cloves garlic
- 75 ml (1/3 cup) all-purpose flour
- 1 l (4 cups) hot milk
- 30 ml (2 tbsp) Dijon mustard
- 2 ml (1/2 tsp) each salt and freshly cracked pepper
- 500 ml (2 cups) lightly packed, shredded old cheddar cheese
- 500 g (1 lb) cooked elbow noodles
- 1 can (796 ml/28 oz) diced seasoned tomatoes
- 250 ml (1 cup) fresh bread crumbs

This recipe serves eight. THE CANADIAN PRESS HANDOUT

The In-Credibility Factor

Name: Cassandra Rush
City: Langley, B.C.
Age: 29
Occupation: Founder of Sassy Cassy's Boots Inc.

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Cassandra Rush loved boots, but was frustrated when she would try some of them on and the zippers wouldn't go all the way to the top. After doing some research, she realized that no one was offering boots with different calf sizes. Securing a loan through the Canadian Business Foundation, Rush developed a business plan and travelled to Mexico to work with a manufacturer. Sassy Cassy's Boots was born and today she designs and manufactures her specialty boots that are worn by celebrities — and happy customers everywhere.

I knew I was on my way when... I went to the Country Music Awards and worked with celebrities who saw my product and loved it. They were able to provide testimonials for my product and that built the marketing foundation for my company. People saw celebrities wearing my boots and that made Sassy Cassy's successful in the marketplace. I've joined shoe associations and hired sales reps to sell the product across Canada, the U.S. and online. Great things take time, but I'm looking forward to a successful future.

It's all a boot patience

"Great things take time, but I'm looking forward to a successful future."
Cassandra Rush
Founder of Sassy Cassy's Boots Inc.

Action Plan

• Be money smart
When a lot of people start a new business, they think they will be successful right away, but it takes five years to be noticed in the marketplace. You have to be money smart to get you through the first years of your business.

• Find free marketing
Embrace all your free marketing initiatives to the fullest potential. Social media, articles, whatever you can find, take full advantage of everything to grow your business.

• Don't give up
You will go through ups and downs in your business and there will always be people who say no. But at the end of the day, there will be a door that opens. As long as you have a dream and a vision, it can come true!

Cassandra Rush. PROVIDED

Are you driving all of your co-workers coconuts?

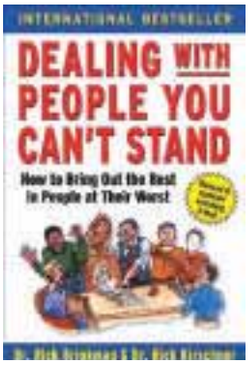
Have a co-worker who creeps over the cube walls? ISTOCK

Offensive at the office. Have your colleagues been ducking under their desks when you approach? You might want to rethink your behaviour

BRUCE WALSH
TalentEgg.ca

Author and motivational speaker Rick Brinkman has been speaking to companies for over two decades. In the mid-'90s he co-authored the workplace classic, Dealing With People You Can't Stand, utilizing psychological research to help co-workers avoid brawling in the cubicles.

What's the most common type of annoying co-worker?
Annoying is in the eye of the beholder, and there are different types of annoying people. For instance: If someone makes commitments they don't keep, I might find that annoying to no end. But you may intuitively know how to slow down and make it safe for that person to make a realistic commitment. Your particular annoyance may be whining. But that doesn't even show up on my radar.



Opposite irritants

"Your particular annoyance may be whining. But that doesn't even show up on my radar."
Rick Brinkman
Dealing with People You Can't Stand

How do you know if you are, in fact, the annoying person at work?
When people read our book, they tend to recognize what they do very quickly. It's somewhat innocent, and we all do at least one of these behaviours now and again. It's just that there are certain ones we're more likely to go to under stress.

How do you cut back on your own annoying behaviours?
You can start by recognizing the particular type of negative behaviour that comes out of you under stress. Then ask yourself, "How is this working for me? Am I getting what I want? What reactions am I getting from others?" Usually people find that this behaviour is creating their own worst nightmare. Once they realize that, it's easier to change.

Is there a difference between how we exhibit these behaviours at home versus the workplace?
Yes! It can be totally opposite. Some people are a total "tank" (overly controlling) at work and a "nothing" (nonresponsive) at home.

I recently interviewed a CEO who was very much a get-it-done control person at work. But she noticed she was whining to her husband about the business. Her husband could not understand how she could run a company, because she constantly presented herself as a victim. But the behaviour is totally different, because the context of the relationship is totally different.

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225-1st Avenue N. , Saskatoon, SK
Praxis—306-664-0500

BROWSING ON YOUR BROWSERS

SHOPPERS SURFING FOR THE BEST DEALS

You know by now about Black Friday, the deeply discounted shopping day that kicks off the U.S. Christmas shopping season. But how about Cyber Monday?

As Bill Rand explains it, Cyber Monday grew as an online counterpart to Black Friday, which generally falls after the U.S. Thanksgiving. "The idea was that online retailers would offer great holiday deals the Monday after (American) Thanksgiving similar to the deals that brick and mortar shops offer the Friday after Thanksgiving," says Rand, the assistant professor of marketing and director for the University of Maryland's Robert H. Smith School of Business. But recently, Cyber Monday has become a bit of a misnomer, Rand adds. "Originally, Cyber Monday was on Monday because people would be at their work computers on Monday, but with the growth of the use of tablets and smartphones for online commerce, Cyber Monday had been extended and now many of the deals are offered on Black Friday as well."

That's the emerging trend marking 2012's Cyber Monday — the appearance of deals as early as the Friday morning before. "Given the recovering economy and the fact that consumers are feeling more positive about their wallets than they have in a while, retailers are looking to capitalize on this trend by offering discounts and deals to get them in stores — or in the case of Cyber Monday, on to their website," Rand says. "Black Friday was originally called Black Friday because it was a single shopping day that could put a retailer into the 'black' or profitable for the whole year. And retailers hope that this year will definitely bear out that name."

According to the Toronto-based Interac Association, about 19 per cent of Canadians report they will likely shop online on Cyber Monday. "And according to our Interac survey, online shoppers expect to spend an estimated average of $303 that day," says Teri Murphy, senior manager, corporate and stakeholder relations. Hot items include video games, books, ebooks and DVDs, clothing and accessories, computers, tablets, e-readers, mobile phones and MP3 players.

"And the release of the new Wii U and several major games means the video game market should remain strong," adds Rand. "Other technology items like HD TVs will remain popular. Often during downturns people put off buying new TVs and other consumer durables that are failing, and so as we come out of the downturn these items tend to be purchased at a sharper rate." *— Astrid Van Den Broek*

DEALS 'WORTH IT' FOR CANADIANS

Unlike Black Friday deals, some of which have you packing a sleeping bag to park yourself early in front of Walmart, Cyber Monday deals can be done from the comfort of your laptop.

But how can you best take advantage of these deals?

Hone in on your favourite online stores first such as Amazon or Best Buy, to see if their sites are offering any deals that particular weekend, says Bill Rand, the assistant professor of marketing and director for the University of Maryland's Robert H. Smith School of Business. "Also, search online to see if any of the 'brick and mortar' stores you normally shop at also maintain an online presence," he suggests.

Yet, even with deeply discounted products available, is it worth it for Canadians to try and take advantage of these online deals?

"Given the current exchange rate between the US and Canada — it's almost equal — and the fact that shipping rates are lower than ever, there will be quite a few deals that will still be worth it," says Rand. He also notes that many deals aren't even shipping from the U.S. anymore, so the difference in shipping prices should not be large.

"For instance, Apple has announced a bunch of deals for Friday and most of that ships from China anyway," says Rand. Yet to be sure, when shopping online, check all the additional fees, especially shipping and taxes, before hitting the checkout button.

It also helps if you do some research ahead of time to see how much products generally cost. "Many sites publish deals they plan to offer beforehand so look at these flyers to determine if the price is a good price, or if they just marked up the deal a week before to mark it down again," Rand advises. "Slickdeals.com is a website that has a great reputation for providing research about any deals you find and determining if there is a better deal out there."

What are some of the best sites to check out? Along with Slickdeals.com — which also collects the Black Friday/Cyber Monday deals in one place — FatWallet.com is another site to click on.

"It works as an affiliate merchant which means they provide links to other Web sites and then earn a small commission on any sales originating from FatWallet," Rand says. "FatWallet then returns some commission to consumers so you get the standard deal and you earn a few percentage points back on your purchase as well." *— Astrid Van Den Broek*

[1]LIMITED TIME OFFER. Offer valid on qualifying purchases of $20 CDN or more made between Nov. 21, 2012 and Dec. 5, 2012. 20x offer applies to the total base reward miles earned on qualifying purchase amount excluding shipping, duty and taxes. Base Offer may vary. Click on store logo on airmilesshops.ca for Offer details. Collectors must sign in at airmilesshops.ca before purchasing in order to earn reward miles. Offer can be combined with other Bonus reward miles Offers. Does not apply to purchases made at the following stores: Netflix or Rogers Magazine subscriptions (including *Chatelaine, Today's Parent* and *Maclean's).* All other stores are subject to change and may be withdrawn at any time. Reward miles will appear in your account within 120 days.

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BARGAINS A CLICK AWAY

SHARE TO EARN REWARDS WITH NEW MARKETPLACE ONLINE AT SHOP.CA

Pam Bryant loves a good deal, and when she signed up at the online mall shop.ca, she didn't know the half of it.

What caught the eye of 38-year-old Bryant was the $25 sign-up bonus, which she could use on her first purchase of $100. She went shopping on the website almost immediately, bought a well-priced LED TV, and used the bonus money towards it. Bryant liked the TV so much she shared the purchase on her Facebook wall and a few weeks later, posted a review — and that's when things got really good. When one of her friends clicked on her post and signed up to shop.ca, Bryant got a referral credit of $25. Then, when her friend spent her first $75 on the same TV, Bryant received 1 per cent of that purchase amount in her account too.

"It was way more than I bargained for," says Bryant, a wife and mom in Hamilton, Ont. "It's all about sharing information on my social networks, which I do all the time anyway, and now I get cash rewards in return."

"Our innovative Social Loyalty Network sets us apart from any other Rewards program," says Trevor Newell, founder and president of shop.ca. "We want Canadians to share the products they love with their friends, and we'll reward them for doing so every step — and share — of the way."

Shop.ca is a new and exciting online marketplace that features millions of products and thousands of brands from around the world. You can buy everything from living room furniture to pillows and tools.

Shop.ca has streamlined the whole process of online shopping in Canada, according to Drew Green, founder and chief executive officer.

When you buy at shop.ca, all your purchases go into one shopping cart, with a simple checkout process and multiple payment options. Once ordered, shop.ca ensures your order is delivered right to your door.

There aren't cross-border duty charges — or hassles — and there's no charge for shipping or returns. The return policy gives you up to 365 days to return an item.

Says Green: "We also have an amazing team of customer loyalty leaders right here in Canada who chat on the phone or online with you. They've even been known to drive to houses to get a product to somebody if there's been a delivery hiccup."

THE SOCIAL LOYALTY NETWORK

Do you like to talk to your friends about the things you buy? Now you can turn that pastime into cash, says Trevor Newell, founder and president of shop.ca.

Members of the Social Loyalty Network at shop.ca can get from 1 to 2.5 per cent cash rewards when they share their purchases and post reviews via Facebook, Twitter, LinkedIn or by email. They can also earn when a friend buys the same product from a link they shared.

Members also get $25 for every person they refer to shop.ca and when that friend makes a first purchase of $75 or more.

Sign-up is free and all new members get a $25 sign-up bonus to spend on a $100 purchase and 0.5 per cent cash rewards as a starting point on every purchase they make. That 0.5 per cent can turn into 2.5 per cent when they share and earn at shop.ca.

THE WORLD'S COOLEST 'ROBOT TOYS'

KIDS OF ALL AGES WILL LOVE THESE CYBER TOYS

For Cyber Monday, shop.ca offers both the Sphero and Robosapien at a special price of $109 each. But if you sign up today and become a member of shop.ca, you can use the $25 sign-up bonus against the price.

THE AMAZING SPHERO

The Sphero is being heralded as the year's hottest gadget toy.

The Sphero smart "robot" is housed in a round and durable shell roughly the size of a baseball. You control it with a tilt, touch, or swing from your smartphone or tablet. Or, you can use Sphero as a controller for on-screen games.

Sphero is IOS- and Android-compatible, and there are lots of games and apps available for download.

With the Sphero Golf app, for example, create a "hole," then swing your smartphone to put Sphero towards it.

The Chromo app lets you challenge yourself in a new way — by holding Sphero in your hand and moving it to match colours on your screen.

Or, download Sharky the Beaver, the first app that lets you take a virtual three-dimensional character for a walk around your house.

You get more than an hour of non-stop play, with cable-free induction charging.

THE WORLD'S FRIENDLIEST HOME ROBOT

Bring home WowWee's 14-inch Robosapien remote control robot — and watch the fun and silliness begin.

Designed by a NASA scientist, Robosapien has a full range of motions and interactive sensors as well as a unique personality.

Robosapien has fast, full function arms with grippers and working hands, and can walk, run and turn, shake hands, and even speak fluent international "caveman."

In all, there are 67 pre-programmed functions including pick-up, throw, kick, sweep, dance, belch, rap, and many different kung-fu moves.

Robosapien is easy-to-use with no complicated setup or need for a computer. It is easily controlled by an ergonomic remote and runs on regular batteries for more than six hours.

Argonauts running back Andre Durie celebrates his fourth-quarter touchdown against the Calgary Stampeders in the Grey Cup game on Sunday night in Toronto. SEAN KILPATRICK/THE CANADIAN PRESS

Argos sink Stamps on way to Grey Cup win

100th Grey Cup. Hosts hold on to win after hot start vs. Stampeders

A rugged defence staggered the Calgary Stampeders before Ricky Ray delivered the knockout punch and earned the Toronto Argonauts a historic Grey Cup victory Sunday.

Toronto's defence, under the guidance of former Calgary assistant Chris Jones, held CFL rushing leader Jon Cornish to 57 yards while pressuring quarterback Kevin Glenn before Ray's seven-yard TD pass to Andre Durie late in the game cemented the Argonauts' 35-22 win in the 100th edition of the CFL championship.

Grey Cup game

Argonauts	Stampeders
35	22

Chad Kackert, with 133 yards rushing, showed the Argos have a multifaceted offence that could compensate for a relatively quiet game from CFL outstanding player Chad Owens.

"Chad Owens was outstanding player and maybe they keyed on him and we have a lot of great receivers too," Kackert said. "You can't key on anybody."

Ray, obtained last December in a blockbuster trade with Edmonton, finished 18-of-30 passing for 231 yards and two TDs.

The Argos dominated a potent Calgary offence that scored 51 TDs this season — tied with Montreal for the league lead — holding it to just four field goals before Maurice Price's TD catch and two-point conversion with 20 seconds remaining.

Defensive back Pacino Horne brought the rabid Rogers Centre sellout crowd of 53,208 to its feet in the opening half. His key 25-yard TD interception return staked Toronto to a dominant 18-point halftime advantage.

Calgary came in as the CFL's hottest team with 13 wins in 15 games after opening the season 3-4. Glenn guided the club to nine wins in 14 starts after incumbent Drew Tate injured his shoulder, then replaced the injured Tate (forearm) to lead the Stampeders past the defending Grey Cup-champion B.C. Lions in last weekend's West final.

Calgary also boasted the CFL's top rusher in Cornish, the league's top Canadian after running for 1,457 yards this season.

But Glenn and Co. had no answer for Toronto's swarming defence as the Argos ended their season with a fifth straight win. THE CANADIAN PRESS

Kackert runs away with Grey Cup MVP award

Argonauts running back Chad Kackert runs the ball upfield during the third quarter of Sunday's Grey Cup game. NATHAN DENETTE/THE CANADIAN PRESS

Toronto Argonauts running back Chad Kackert was named the outstanding player of the 100th Grey Cup.

Kackert's 20 carries for 133 yards helped lift the Argos to a 35-22 win over the Calgary Stampeders on Sunday.

He also recorded eight catches for 62 yards.

Kackert was an impact player for Toronto throughout the post-season.

The Simi Valley, Calif., native scored twice as the Argos downed the Edmonton Eskimos in the East Division semifinal two weeks ago.

He then added a spectacular 49-yard TD run up the middle to give Toronto the lead in an upset 27-20 victory in Montreal in the East final last Sunday.

Argos defensive end Ricky Foley was named the game's most outstanding Canadian.

The 30-year-old from Courtice, Ont., had four tackles, one fumble recovery and one sack for five yards.

Foley joined Toronto in 2010 after four seasons with the B.C. Lions.

THE CANADIAN PRESS

WHL

Blades blasted by Rockets in Kelowna

Myles Bell scored twice and added an assist as the Kelowna Rockets crushed the visiting Saskatoon Blades 9-2 on Saturday in Western Hockey League play.

Codie Fowlie, Colton Sissons, Rourke Chartier, Filip Vasko and Jesse Lees each had a goal and an assist for the Rockets (14-8-2), who led 5-0 after the first period, while Colton Heffley and Zach Franko had a goal apiece.

Brenden Walker and Nathan Burns scored for the Blades (11-12-1).

Jordon Cooke made 22 saves for the win as Andrey Makarov allowed four goals on 10 shots and was pulled 10 minutes into the game. Alex Moodie stopped 32-of-35 shots in relief.

Kelowna went 0-for-1 on the power play while Saskatoon went 1-for-4.

Up next, the Blades face the Lethbridge Hurricanes at home on Nov. 27. Puck drops at 7:05 p.m. at Credit Union Centre.

THE CANADIAN PRESS

Golf

McIlroy proves clutch in Dubai

Rory McIlroy made five straight birdies down the stretch to overtake Justin Rose and win the Dubai World Championship on Sunday, ending a historic year in which the 23-year-old Northern Irishman won the PGA Championship and the European and PGA tour money titles.

The top-ranked McIlroy recovered from early putting woes to finish at 6-under 66 for a total 23-under 265 at the season-ending tournament. Rose, who was tied for seventh after three rounds, surged down the stretch into contention after shooting a course-record 62 that included an eagle and eight birdies.

"I just wanted to finish the season the way I thought I deserved to finish the season," McIlroy said after holing a birdie on 18 and raising his arms in the air in celebration. "You know, I played so well throughout the year and I didn't want to just let it tail off sort of timidly. I wanted to come here and finish in style." THE ASSOCIATED PRESS

Rory McIlroy THE ASSOCIATED PRESS

Grey Cup party spills over into Toronto streets

After a week of buildup, Toronto's Grey Cup celebrations reached a fever pitch on Sunday as fans got their hands on the coveted silverware during a parade to the Rogers Centre. Here's a look at some of the action from around the city leading up to the big game:

Photos by The Canadian Press/Torstar News Service

1 Parade. Cup carried into Rogers Centre by CFL fans

Argos fan Eric Ransome steps out onto Bloor Street from Varsity Stadium with the Grey Cup on Sunday.

For the first time in its century of existence, fans were able to carry the Grey Cup through the streets of Toronto.

CFL commissioner Mark Cohon told hundreds of fans at Varsity Stadium he was hoping to make this inaugural parade of the trophy to the stadium on game day a regular event.

"It will only become a new tradition if you guys don't drop it," Cohon told the crowd. "Treat it with the respect it deserves."

TORSTAR NEWS SERVICE

2 Ready for action. T.O. fans cheer for a championship

A Toronto Argonauts fan reacts for the camera before the 100th CFL Grey Cup game between Toronto and Calgary Stampeders Sunday in Toronto.

THE CANADIAN PRESS

3 The other side. Representing Western Canada

Calgary Stampeders fans pose before the 100th CFL Grey Cup game. THE CANADIAN PRESS

4 Handy man. Flutie watches former teams do battle

Legendary CFL quarterback Doug Flutie, who won Grey Cups with both the Argonauts and Stampeders, shows off one of his championship rings on Sunday at the end of the fan march at Rogers Centre. THE CANADIAN PRESS

5 Pre-game. Carrying in the big prize

RCMP officers carry the Grey Cup during a pre-game ceremony before the 100th CFL Grey Cup game on Sunday in Toronto.

THE CANADIAN PRESS

6 Big fans. PM takes in action

Prime Minister Stephen Harper, Ontario Premier Dalton McGuinty, Toronto Mayor Rob Ford and Calgary Mayor Naheed Nenshi were among the Canadian dignitaries at the game.

THE CANADIAN PRESS

For more coverage of the 100th Grey Cup, go to metronews.ca.

NFL. Ravens pull off improbable comeback

All the San Diego Chargers had to do was stop the Baltimore Ravens on fourth-and-29 from their 37 with 1:37 left, run out the clock and they'd secure their first win against a team with a winning record this season.

Naturally, they didn't.

The Ravens converted on a dazzling catch-and-run by Ray Rice, forced overtime and then won it 16-13 on Justin Tucker's 38-yard field goal with 1:07 left.

"Those kind of plays are never acceptable in the NFL, but they happen," said Chargers defensive end Corey Liuget, who had a sack, a big stop on another fourth-down play and a deflected pass. "When they happen, you have to have somebody make the play."

Baltimore (9-2) took a firmer grip on the AFC North, increasing its lead to three games over Pittsburgh, which lost to Cleveland, and Cincinnati, which beat Oakland. The Ravens won their fourth straight and for the eighth time in nine games.

San Diego (4-7) was pushed closer to elimination from the playoff picture for the third straight season, and with it, most likely the end of the Norv Turner era. The Chargers dropped four games behind AFC West leader Denver, which swept the season series against San Diego. In the wild-card race, the Chargers trail Indianapolis by three games and Pittsburgh and Cincinnati by two games.

While Tucker provided most of Baltimore's scoring with three field goals, Rice had the play of the game.

Flacco took a shotgun snap, looked downfield and then threw a short pass to Rice, who ran through a big hole in the middle of the field. Three Chargers missed him at the 50 before Quentin Jammer and Antoine Cason finally brought him down.

The ball originally was spotted at the 33. After a lengthy review, the ball was moved back to the 34 and the refs measured. The new spot still gave the Ravens a first down by the length of the ball.

THE ASSOCIATED PRESS

Week 12

Ravens	Chargers
16	13

Giants send Green Bay packing

New York Giants wide receiver Rueben Randle, right, catches a pass for a touchdown in front of Green Bay Packers defenders Sunday night in East Rutherford, N.J. Eli Manning threw for three touchdowns, giving him 200 for his career, and the Giants sacked Aaron Rodgers five times in a 38-10 rout of the Packers.

KATHY WILLENS/THE ASSOCIATED PRESS

Title decider

Vettel becomes youngest F1 triple-champion

Sebastian Vettel overcame a first-lap crash to clinch his third straight Formula One championship title on Sunday, finishing sixth in an incident-filled Brazilian Grand Prix won by Jenson Button under pouring rain.

Vettel, 25, looked to be in big trouble after he was bumped into shortly after the start and spun around, dropping to last place before being able to turn his car around and start a difficult pursuit. But he steadily worked his way up the field and did what he needed to hold off Ferrari's Fernando Alonso, the only other driver contending for the title. THE ASSOCIATED PRESS

Sebastian Vettel celebrates on Sunday in Sao Paulo, Brazil.

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Horoscopes

Aries
March 21 - April 20
No matter how high you have flown in the past you will fly even higher this coming week. The Sun linked to Uranus in your sign will endow you with courage and confidence — but most of all with a sense of adventure.

Taurus
April 21 - May 21
Sacrifices will have to be made but there is no reason why they should be painful. The secret is to not let yourself get so attached to material things. Money is important, of course, but next to love and laughter it means nothing.

Gemini
May 22 - June 21
Let other people guide you this week. It will do you good to let family and friends take responsibility for making important decisions — and free up time and energy for you to have fun of a more personal kind.

Cancer
June 22 - July 23
Because you are such a generous soul you find it hard to say no when others ask you to help, but the planets warn you could end up taking on more than you can handle this week. Put your own health and happiness first.

Leo
July 24 - Aug. 23
If you insist that the world conforms to your way of thinking then, to put it bluntly, you are going to be disappointed. Why would you want everyone to think like you anyway?

Virgo
Aug. 24 - Sept. 23
Rise above petty people and petty squabbles today – let nothing disturb your peace of mind. Remember: it is not what others say or do that is important but how you choose to react to it. So don't react.

Libra
Sept. 24 - Oct. 23
It may seem as if you are getting lots done but according to the planets you are running around for no good reason. It's time to slow down a bit and take more care of what you are doing. Think quality, not quantity.

Scorpio
Oct. 24 - Nov. 22
Try not to do things for no better reason than you want to convince the doubters that you have what it takes. If you do that then in effect you are letting them dictate the course of events.

Sagittarius
Nov. 23 - Dec. 21
Today's Sun-Uranus link encourages you to do something out of the ordinary, something that shakes up the cozy little world you inhabit. If there is one thing you should always aim to avoid it is being predictable.

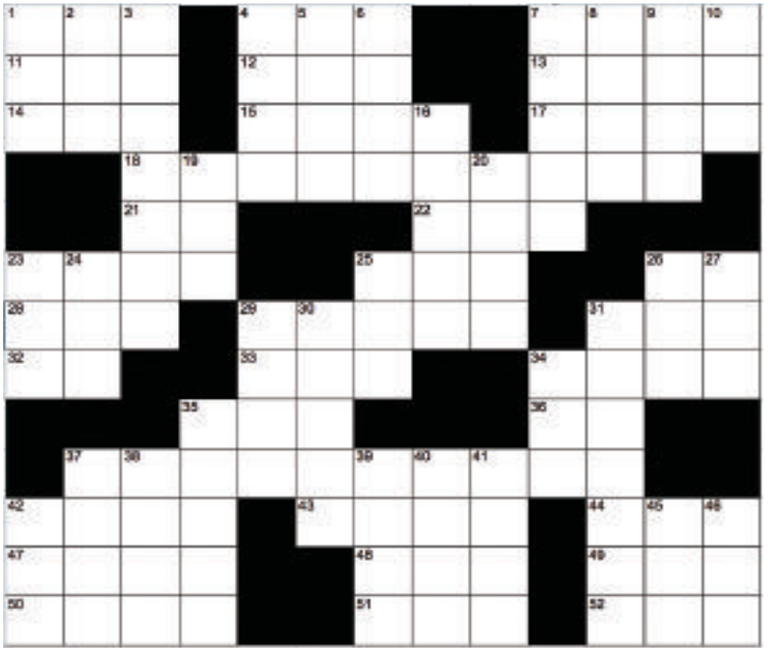
Capricorn
Dec. 22 - Jan. 20
Think about who you are, where you are going and what kind of an impression you want to make on the world. That might sound a bit heavy for the start of the week but you're in a philosophical mood.

Aquarius
Jan. 21 - Feb. 19
You will have to deal with a situation today that has occurred in one form or another many times before. If you can see the parallels with past events then it should be easy. If you don't, you'll make the same mistakes.

Pisces
Feb. 20 - March 20
A rival will underestimate how serious you are about your ambitions and that puts you at an advantage. For too long you have kept in the background when you should have been center. Go for it! SALLY BROMPTON

Crossword

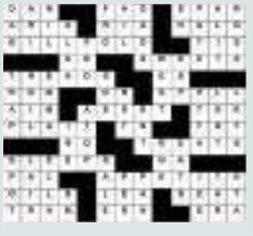
BY BETTY MARTIN



Across
1. Room often found in the basement
4. Graduation headpiece
7. Not bogus
11. One Day – – Time (2 words)
12. Served at Cheers
13. Rowboat need
14. Lie on the beach
15. Actress Russo
17. Previously driven car
18. Children living at home
21. Granny on The Beverly Hillbillies (init.)
22. Major —
23. Above
25. Cone bearing tree
26. The World — War
28. — the season
29. Comic DeGeneres
31. — Lanka
32. San Francisco's st.
33. Small inlet
34. Singer James
35. Fault
36. —, myself and I
37. Out in front, often
42. Naked
43. Monicker
44. Caustic substance
47. Statuesque model
48. Old time actor Chaney
49. — Hudson Street
50. Printers measure
51. Breakfast choice
52. Country roads (abbr.)

Down
1. Alleyway denizen
2. Estimated time of arrival at airports
3. Halloween treats
4. Nag
5. Aweather
6. I am Sam actor Sean —
7. Face shape
8. — Meets West
9. Greek God of War
10. Hallucinogenic drug (abbr.)
16. Frasier's dog
19. Make a mistake (abbr.)
20. Merit
23. Non-prescription drug (abbr.)
24. Type of rail system
25. Tampa st.
26. Drama or dance
27. Carrere of Relic Hunter
29. Actor McCormack of Will & Grace
30. Type of closet
31. Radiant
34. Australian bird
35. Part I, in a play
37. Akin
38. Russian mountain range
39. — of the Century
40. Dirty air
41. Ancient art & science: — Shui
42. E-bay requirement
45. Nevertheless
46. Employee self-service (acronym)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		9				2		
			8		4			
8	4						7	9
		5	6		3	8		
4	6						5	1
		8	5		7	4		
1	2						8	7
			9		6			
		4				3		

Yesterday's Sudoku

Sharability

easy — hard

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N326902A
~~$26,995~~ $27,388
SAVE $1,607

2008 HYUNDAI SANTA FE GL FWD
N327717A
~~$16,995~~ $15,388
SAVE $1,607

2011 HYUNDAI SANTA FE GL PREMIUM AWD
N805517A
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SAVE $3,607

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B5544
~~$17,995~~ $15,388
SAVE $2,607

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N332294
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